

RPE Chart

Rate of Perceived Exertion

10	Maximal Effort Activity Feels impossible to keep going Extremely breathless and unable to talk
9	Very Hard Activity Very difficult to maintain level of exercise Finding it difficult to breathe or speak
7 - 8	Vigorous Activity Close to becoming uncomfortable Short of breath, but can speak a sentence
4 - 6	Moderate Activity Feels like you can carry on exercising for hours Breathing heavily, can hold a short conversation
2 - 3	Light Activity Feels like you can carry on activity for hours Easy to breathe and hold a conversation
1	Very Light Activity Anything but sleeping, watching TV, driving a car etc